



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01131, Egg, whole, cooked, poached

Report Date: July 09, 2017 11:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 50g
Proximates					
Water	g	75.85	--	--	37.92
Energy	kcal	143	--	--	72
Energy	kJ	597	--	--	298
Protein	g	12.51	--	--	6.25
Total lipid (fat)	g	9.47	--	--	4.74
Ash	g	1.46	--	--	0.73
Carbohydrate, by difference	g	0.71	--	--	0.35
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.37	--	--	0.18
Sucrose	g	0.00	--	--	0.00
Glucose (dextrose)	g	0.37	--	--	0.18
Fructose	g	0.00	--	--	0.00
Lactose	g	0.00	--	--	0.00
Maltose	g	0.00	--	--	0.00
Galactose	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	56	--	--	28
Iron, Fe	mg	1.75	--	--	0.88
Magnesium, Mg	mg	12	--	--	6
Phosphorus, P	mg	197	--	--	98
Potassium, K	mg	138	--	--	69
Sodium, Na	mg	297	--	--	148

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 50g
Zinc, Zn	mg	1.29	--	--	0.65
Copper, Cu	mg	0.072	--	--	0.036
Manganese, Mn	mg	0.028	--	--	0.014
Selenium, Se	µg	30.6	--	--	15.3
Fluoride, F	µg	1.1	--	--	0.6
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.032	--	--	0.016
Riboflavin	mg	0.387	--	--	0.194
Niacin	mg	0.063	--	--	0.032
Pantothenic acid	mg	1.527	--	--	0.763
Vitamin B-6	mg	0.144	--	--	0.072
Folate, total	µg	35	--	--	18
Folic acid	µg	0	--	--	0
Folate, food	µg	35	--	--	18
Folate, DFE	µg	35	--	--	18
Choline, total	mg	234.1	--	--	117.0
Betaine	mg	0.3	--	--	0.1
Vitamin B-12	µg	0.71	--	--	0.35
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	160	--	--	80
Retinol	µg	159	--	--	80
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	9	--	--	4
Vitamin A, IU	IU	538	--	--	269
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	501	--	--	250
Vitamin E (alpha-tocopherol)	mg	1.04	--	--	0.52
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.01	--	--	0.01
Tocopherol, gamma	mg	0.50	--	--	0.25
Tocopherol, delta	mg	0.06	--	--	0.03

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 50g
Vitamin D (D2 + D3)	µg	2.0	--	--	1.0
Vitamin D3 (cholecalciferol)	µg	2.0	--	--	1.0
Vitamin D	IU	82	--	--	41
Vitamin K (phylloquinone)	µg	0.3	--	--	0.1
Lipids					
Fatty acids, total saturated	g	3.113	--	--	1.556
4:0	g	0.004	--	--	0.002
6:0	g	0.000	--	--	0.000
8:0	g	0.004	--	--	0.002
10:0	g	0.006	--	--	0.003
12:0	g	0.000	--	--	0.000
14:0	g	0.033	--	--	0.017
15:0	g	0.008	--	--	0.004
16:0	g	2.222	--	--	1.111
17:0	g	0.021	--	--	0.011
18:0	g	0.808	--	--	0.404
20:0	g	0.003	--	--	0.002
22:0	g	0.004	--	--	0.002
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	3.643	--	--	1.821
14:1	g	0.007	--	--	0.004
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.200	--	--	0.100
17:1	g	0.012	--	--	0.006
18:1 undifferentiated	g	3.397	--	--	1.698
20:1	g	0.027	--	--	0.014
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.904	--	--	0.952
18:2 undifferentiated	g	1.549	--	--	0.775
18:3 undifferentiated	g	0.048	--	--	0.024
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.018	--	--	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 50g
20:3 undifferentiated	g	0.023	--	--	0.011
20:4 undifferentiated	g	0.188	--	--	0.094
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:4	g	0.013	--	--	0.007
22:5 n-3 (DPA)	g	0.007	--	--	0.004
22:6 n-3 (DHA)	g	0.058	--	--	0.029
Fatty acids, total trans	g	0.038	--	--	0.019
Cholesterol	mg	370	--	--	185
Phytosterols	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.166	--	--	0.083
Threonine	g	0.553	--	--	0.277
Isoleucine	g	0.669	--	--	0.335
Leucine	g	1.082	--	--	0.541
Lysine	g	0.909	--	--	0.455
Methionine	g	0.378	--	--	0.189
Cystine	g	0.271	--	--	0.136
Phenylalanine	g	0.677	--	--	0.339
Tyrosine	g	0.497	--	--	0.249
Valine	g	0.855	--	--	0.427
Arginine	g	0.817	--	--	0.408
Histidine	g	0.308	--	--	0.154
Alanine	g	0.732	--	--	0.366
Aspartic acid	g	1.323	--	--	0.661
Glutamic acid	g	1.667	--	--	0.834
Glycine	g	0.430	--	--	0.215
Proline	g	0.510	--	--	0.255
Serine	g	0.967	--	--	0.484
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0